**Nutrients per serving** 

## **Waldorf Salad15**

Number of Servings: 15 (121.79 g per serving)

Amount	Measure	Ingredient
9 1/2	Tbs	Topping, whipped, lite
9 1/2	Tbs	Dressing, mayonnaise, light
3 1/8	lb	Apples, fresh, med, 2 3/4"
1 1/4	cup	Celery, fresh, diced
9 1/2	Tbs	Nuts, walnuts, black, dried, chod

Saturated Fat 0.5g   3'     Trans Fat 0g   2'     Cholesterol 5mg   2'     Sodium 90mg   4'     Total Carbohydrate 16g   5'     Dietary Fiber 3g   12'     Sugars 10g     Protein 2g     Vitamin A 2%   Vitamin C 8%     Calcium 2%   Iron 2%     Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:	Nutri	tion	ı Fa	cts
Calories   120   Calories   from   Fat   6   % Daily Value   Total   Fat   7g   11   Saturated   Fat   0.5g   3'   Trans   Fat   0g   Cholesterol   5mg   2'   Sodium   90mg   4'   Total   Carbohydrate   16g   5'   Dietary   Fiber   3g   12'   Sugars   10g   Protein   2g   Vitamin   A   2%   Vitamin   C   8%   Calcium   2%   Vitamin   C   8%	erving Size	(122g)		
Calories 120   Calories from Fat 6   % Daily Value	ervings Per	Containe	er	
Calories 120   Calories from Fat 6   % Daily Value				
% Daily Value   % Daily Valu	mount Per Ser	ving		
Total Fat 7g	alories 120	) Calo	ries fron	n Fat 60
Saturated Fat 0.5g   3'    Trans Fat 0g   2'    Cholesterol 5mg   2'    Sodium 90mg   4'    Total Carbohydrate 16g   5'    Dietary Fiber 3g   12'    Sugars 10g     Protein 2g     Vitamin A 2%			% Da	ily Value
Trans Fat 0g	otal Fat 7g			11%
Cholesterol 5mg	Saturated	Fat 0.5g		3%
Cholesterol 5mg	Trans Fat	Oα		
Sodium 90mg		-		
Dietary Fiber 3g	holesterol	5mg		2%
Dietary Fiber 3g	odium 90m	ıg		4%
Sugars 10g  Protein 2g  Vitamin A 2% • Vitamin C 8%  Calcium 2% • Iron 2%  Percent Daily Values are based on a 2,000 calor depending on your calorie needs:  Calories: 2,000 2,500  Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300 mg Sodium Less than 2,400mg 2,400m Total Carbohydrate 300g 375g	otal Carbo	hydrate 1	16g	5%
Protein 2g  Vitamin A 2% • Vitamin C 8%  Calcium 2% • Iron 2%  Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500  Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300 mg Sodium Less than 2,400mg 2,400m Total Carbohydrate 300g 375g	Dietary Fit	er 3g		12%
Vitamin A 2% • Vitamin C 8%  Calcium 2% • Iron 2%  Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500  Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300 mg Cholesterol Less than 2,400mg 2,400m Total Carbohydrate 300g 375g	Sugars 10	g		
Calcium 2%         • Iron 2%           *Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:	rotein 2g			
Calcium 2%         • Iron 2%           *Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:				
Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:  Calories:  Zolories:  Zol	itamin A 2%	• \	Vitamin (	8%
diet. Your daify values may be higher or lower depending on your calorie needs:         2,000         2,500           Calories:         2,000         2,500           Total Fat         Less than         65g         80g           Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300 mg           Sodium         Less than         2,400mg         2,400m           Total Carbohydrate         300g         375g	alcium 2%	•	ron 2%	
Depending on your calorie needs   Calories   2,000   2,500	ercent Daily Va	lues are bar	sed on a 2,0	000 calori
Calories:         2,000         2,500           Total Fat         Less than         65g         80g           Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300 mg           Sodium         Less than         2,400mg         2,400mg           Total Carbohydrate         300g         375g				ower
Total Fat	spending on you			2.500
Saturated Fat         Less than         20g         25g           Cholesterol         Less than         300mg         300 mg           Sodium         Less than         2,400mg         2,400mg           Total Carbohydrate         300g         375g	otal Fat			
Sodium Less than 2,400mg 2,400m Total Carbohydrate 300g 375g			20g	25g
Total Carbohydrate 300g 375g				300 mg
Distance Files	otal Carbohydra	te		
Dietary Fiber 25g 30g			26.0	200

## Instructions

Dice apples, with or without peel, into fruit juice to prevent apples from turning dark. Drain and stir into mayonnaise combined with whipped topping. Add celery and walnuts (optional). Mix lightly until all ingredients are coated with dressing. Serve with #8 scoop.

1 serving = #8 scoop = 1/2 cup = 1 fruit serving

1 serving = 1 Carb Serving

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